



Anxiety: when worry becomes worrisome

Anxiety affects approximately 40 million Americans. That's 18% of the population.¹

If you think you might have anxiety, Teladoc's Behavioral Health service can help. Our licensed therapists can diagnose and treat anxiety seven days a week. Simply choose your therapist, pick a time that's convenient for you, and then talk to the therapist from wherever you feel most comfortable. **Connect with Teladoc for care today.**

In addition to anxiety, Teladoc therapists can treat:

- Depression
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

¹ Anxiety and Depression Association of America <https://adaa.org/about-adaa/press-room/facts-statistics>

Get confidential therapy quickly and conveniently

Schedule a session today

MyDrConsult.com | Download the app |  | 



A **calm mind** is a tap away

How is your emotional well-being?

If something is weighing you down, talking to someone can help. Teladoc's® licensed therapists are available 7 days a week. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

Teladoc therapists can treat:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family & marriage issues
- And more

Get confidential therapy quickly and conveniently.

Schedule a session today.

MyDrConsult.com | [Download the app](#) |  | 



Available to members and eligible dependents 18 and older.

© 2018 Teladoc, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. 172657885-10202017



Depression: more than a bad day

1 in 6 Americans will experience depression at least once in their lifetime¹

If you think you might have depression, Teladoc's Behavioral Health service can help. Our licensed therapists can diagnose and treat depression seven days a week. Simply choose your therapist, pick a time that's convenient for you, and then talk to the therapist from wherever you feel most comfortable.

In addition to depression, Teladoc therapists can treat:

- Anxiety
- Stress/PTSD
- Panic disorder
- Family and marriage issues
- And more

1 <https://www.psychiatry.org/patients-families/depression/what-is-depression>

Get confidential therapy quickly and conveniently

Schedule a session today

MyDrConsult.com | Download the app |  | 



Stress less while at work

Did you know that 65% of Americans cite work as a major source of stress?¹ Here are a few tips for managing work-related worries:²

1 Look inward

Recharging is important. Be sure to eat right, exercise, get plenty of sleep and take your vacations.

2 Look outward

Identify the stressors at work and focus on the things you can control. Learn to say "no" in order to maintain a healthy work/life balance.

3 Look for support

Consider professional help by scheduling a session with a licensed Teladoc® therapist.

Teladoc's licensed therapists are available 7 days a week. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.



Get confidential therapy quickly and conveniently.

Schedule a session today.

[MyDrConsult.com](https://mydrconsult.com) | [Download the app](#) |  | 



Available to members and eligible dependents 18 and older.

© 2018 Teladoc, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. 172657885-10202017

Stress less: 3 helpful tips¹

1 Put yourself first

Get plenty of sleep, maintain a healthy diet, and exercise frequently. Meditation can give you peace of mind and a healthy perspective.

2 Assess your stress

Identify stressors and how you react to them. If anything is out of your control, alter your response to it. Take periodic breaks from the daily grind to recharge your mind.

3 Rely on relationships

Family and friends can be invaluable in difficult times, whether offering advice or just listening.

And remember, you've got Teladoc. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

Get confidential therapy quickly and conveniently.

Schedule a session today.

MyDrConsult.com | [Download the app](#) |  | 



Available to members and eligible dependents 18 and older.

(1) American Psychological Association, Forbes, Psychology Today. © 2018 Teladoc, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc, Inc. and may not be used without written permission. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. 172657885-10202017

